



10th Annual La Jolla Cove Swim Club's 10 Mile Relay

September 26, 2010

A Celebration of Swimming and Community Giving

The total swim distance is approximately **10 miles** (16.7 K). The swim will start on the La Jolla Cove Beach at 7:00am. Up to 5 swimmers per team with each member swimming at least *one* 1 mile lap. Check-in will begin at 6:00 AM on the lawn above La Jolla Cove Beach. **\$50 per Team Member (\$70 after 9/15/10).**

Award Categories:

- | | |
|---|--|
| Top Donation Team – THE #1 AWARD | Sea Bass (Combined age 150 - 199 yrs) |
| All Male Team (no fins or wet suits, Channel swimmer dress) | Leopard Shark (Combined age 200 - 249 yrs) |
| All Female Team (no fins or wet suits, Channel swimmer dress) | Garibaldi (Combined age 250 - 299 yrs) |
| Minnow (Combined age less than 90 yrs) | Poseidon (Combined age 300 yrs +) |
| Dolphin (Combined age 90 - 149 yrs) | Top Solo Swimmer (Male and Female) |

Team Name: _____ Category _____

Captain Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: (____) _____ E-mail: _____

Entry per relay member \$50, (\$70 after 9/15), includes one event T-Shirt **only if received by September 18th**

<u>Swimmer</u>	<u>Age (on 9/26/10)</u>	<u>Sex</u>	<u>T-shirt size</u>	<u>LJCSC Member</u>	<u>email</u>
1.		M/F	S M L XL XXL	Yes/No	
2.		M/F	S M L XL XXL	Yes/No	
3.		M/F	S M L XL XXL	Yes/No	
4.		M/F	S M L XL XXL	Yes/No	
5.		M/F	S M L XL XXL	Yes/No	

As a fundraising event, additional donations are highly encouraged to support the named charities.

Total amount enclosed \$_____ (Checks to "La Jolla Cove Swim Club"). Sending cash is not recommended.

Additional donations benefitting American Diabetes Association, SD Jr. Lifeguard Foundation and La Jolla Cove Swim Club. can be sent with your registration or contributed on Event Day.

Make your check payable to "La Jolla Cove Swim Club", and mail it to P.O. Box 427, La Jolla, CA 92038.

Registration on-line can also be done using a credit card via the club website: www.lajollacoveswimclub.org.

Go to the link for the **10 Mile Relay**, which will take you to registration via **Active.com**.

This event is for experienced ocean swimmers who are prepared for a swim of 2 x 1 mile in open ocean, "rough water" conditions. We will provide kayak support, but we cannot guarantee the safety of swimmers, especially those who are unprepared. The release of liability below must be signed, dated and returned with all entries. **Each swimmer must present a signed Release of Liability (page 3) when they check in on September 26 to be eligible to swim.**

RELEASE OF LIABILITY:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in ocean swimming, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE LA JOLLA COVE SWIM CLUB'S SCHEDULED EVENT OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: LA JOLLA COVE SWIM CLUB, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: Captain

Team

Date

Signature: of parent for swimmers younger than 18

Date

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Additional Registration and Race Information:

- Pre-registration ends September 18, 2010. **Pre-registration is strongly recommended.**
- **Event T shirts will not be guaranteed for registrations received after September 18th.** We will order extra event T-shirts and have them available upon beach registration on a first come, first served basis until we run out. **These shirts are much coveted. Be sure to Pre-register to avoid disappointment!**
- **Check-in is 6:00 – 6:45AM at La Jolla Cove**
- **Race Starts at 7:00AM** – *have your first swimmer ready and on the beach.*
- This is a 10 mile relay swim race (or for the solo swimmers, simply a 10 mile swim). Teams of up to 5 swimmers will swim a total of 10 miles, presumably 2 miles each. Teams with fewer than 5 swimmers must also complete the full 10 miles.
- The course is a triangular 1 mile lap around marked buoys.
- Swimmers must swim at least 1 mile before being relieved by the next swimmer at the water's edge. Any swimmer may swim 2 or more miles for their team.
- Teams may divide up the laps and the order of swim any way they wish. Two swimmers from the same team cannot swim at the same time and count that as multiple laps.
- Swimmers must check-in with a timekeeper (at the water's edge) after each mile. Make sure the timekeeper has your swimmer# and team name as you exit or enter the water!
- The hand-off between team members is via a hand slap. The start time of the next swimmer is the same as the finish time of the previous swimmer. The finishing lap swimmer is responsible for communication of start and finish of lap.
- Timekeepers will record lap times and for each swimmer and team. Information will be posted on the wall behind the lifeguard station.
- Swimmers may wear wetsuits, fins, masks and snorkels, but this will be considered **for only the combined age category team awards** and not eligible for Top Male, Top Female or Solo team category awards.
- If your team has *less than* 5 members, the total combined age category will be the **average age of your members times 5.**
- Awards for the **Top Donation Team** and Teams winning each category presented at the end of the event, approximately 1:00 PM
- Times will be posted as the Relay progresses by lap per team.
- For insurance purposes, all participants will be given membership to the La Jolla Cove Swim Club, good for this event and the remainder of 2010.
- **Minimum age for this swim is 14.**

If you have any questions, contact us at LJCSC10MileRelay@gmail.com

